

## FITNESS CLASS DESCRIPTION

Aerobic and fitness classes at Alta Canyon Sports Center are of the finest quality available. All of the highly trained and experienced fitness instructors have been certified in their special field and/or through the National and International organizations of I.D.E.A. (A.C.E) and/or A.F.A.A. All instructors maintain a current C.P.R. certification. National workshops, seminars keep ACSC's aerobic program current, competitive, and safe. All classes are instructed in a "freestyle" format that is easy to follow and presented in a relaxed atmosphere. Instructors will show many modifications and variations, enabling all participants to have an enjoyable and successful workout.

**Cardio Kickbox:** The perfect class to vent frustration. Up tight from a stressful day? Leave it all behind as you combine ancient self-defense movements with boxing skills. This demanding workout will challenge you both mentally and physically.

**Pilates:** A method of body conditioning, Pilates combines the benefits of weight training, Tai Chi, Yoga and meditation. Your popularity continues to grow as it provides strength, flexibility, and empowerment.

**Pump Pilates:** you get an extra 15 minutes of workout with this class. The first half of class is devoted to traditional strength training for the entire body. You will then turn your focus to the core of the body, using Pilates moves to work deep into the abdominal, back and gluteal muscles. These specific exercises help to build stability and strength throughout the core of the body.

**Power Pump:** Exclusive to ACSC, this format was designed to combine the best of weight room lifting and group exercise. A muscular conditioning and strengthening class that compliments aerobic fitness. This class will use dumbbells, resistance tubing, exercise balls, and weight bars with optional plates to add strength, define and increase muscle mass.

**Power Step:** An intermediate to advanced level class filled with step choreography and powerful moves. Excelling large muscle conditioning and cardiovascular workout for those with step terminology and movement.

**Pump Express:** A 30 minute strength training class that is high intensity. You will lift heavier weights with less reps. Increase your strength and define your metabolizing muscle mass.

**Cycling:** A great way to bring the benefits of cycling to group fitness. Spinning takes you on a "virtual" outdoor ride complete with hills, valleys, flat roads, springs, and jumps. Spinning is taught on a stationary bike to great music with an instructor coaching you along the ride. All fitness levels can benefit from our spin classes.

**Yoga:** A non-purist yoga format designed specifically for the mainstream fitness industry. Appropriate for everyone at all fitness levels. Strength, flexibility and relaxation are combined to achieve mind/body health and total performance.

**Hi-Lo Pump:** This class will give you a total work-out. The Hi-Lo refers to the type of impacting being done during the cardio work. Hi impact may include things such as jumping jacks or jogging, while lo impact indicates staying grounded to the floor. Anytime you so *pump* in a class title it indicates some sort of strength training or weight lifting.

**Multi-Step:** Still a fan of Step classes? This class incorporates choreography intended to help increase your cardiovascular endurance.

**Step Fusion:** 45 minutes of high energy work packed with variety is what step fusion is all about. You can always count step work of some sort. Then in addition, you'll receive additional exercises targeting strength, stability, and the cardiovascular system. Fuse this all together to create a real feeling of accomplishment in a short period of time.

**Shape Up:** This is the perfect class for the individual who needs a more gentle approach to exercise. Strength and cardiovascular endurance will improve as your muscles develop and your oxygen consumption improves. A variety of moves and different types of equipment will help you to regain mobility, balance, and flexibility.

**Cardio Express:** A 30 minute class that will help jump-start your day. You'll get right down to business using a wide variety of challenging cardio work. Got a busy day? Need to get in and out in a hurry? This is the class for you.

**Stretch and Strengthen:** Combine the best of two worlds. This hour workout brings you an integration of yoga poses and pilate moves that will encourage strength, flexibility, balance and power. The challenge, created to improve muscle strength and endurance, will be contrasted with an experience of relaxation and calm. This class is designed to introduce you to an effective way of reducing and releasing stress as well as developing a new acceptance and respect for your body.

**Saturday Step:** This class has choreographed cardio moves that will energize and strengthen your body.

**Zumba:** Combination of high energy and motivating Latin music with unique moves and combinations that allows you to dance away your worries. No dance experience required!

